

40 FIELD ST NEWS

Dalton Council on Aging & Senior Center
October 2020
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Veterans' Day Flag Ceremony Nov 6

This year's Veteran's Day Ceremony will be a bit different than we have done in the past. We will hold the changing of the flag ceremony on Nov. 6 at 11:30 am. All are welcome to attend. The Dalton Honor Guard Post 155 in honor of WWII Veteran Corporal George Kardasen who served in the US Army from 1942-1946 will raise the new

flag. Attendees are expected to wear a mask. What will be different this year is the following luncheon. Unfortunately, due to COVID restrictions our Veteran's, members of the VFW and American Legion and those who participated in the Veteran History Project will be treated to a boxed lunch prepared by Sugar Hill.

Veteran's wishing to take advantage of the take home lunch are required to reserve by calling 684-2000. Please let us know if you have a caregiver or spouse in the home.

If anyone is interested in sharing his or her military experience with the National Archives, do not hesitate to call!

**FLU CLINIC : OCT 21 1:00-3:00 at the Senior Center –
call for preregistration details 684-2000**



Protect yourself from Medicare fraud. Guard your Medicare card like it is a credit card. Remember:

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it!
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

The National Elder Fraud Hotline is a resource created by OVC for people to report fraud against anyone age 60 or older. Reporting certain financial losses due to fraud as soon as possible, *and within the first 2-3 days, can increase the likelihood of recovering losses.* The hotline is open seven days a week. For more information about the hotline, please visit <https://stopelderfraud.ovc.ojp.gov/>.

The Bubble Escapade

It all started with a bit of nostalgia. One afternoon I stood at the register of a local store ringing out my purchases when I look to my right. There on the counter the most recognizable yellow color from my childhood – a pack of Juicy Fruit! Not only is it Juicy Fruit, BUT it's *BUBBLE GUM Juicy Fruit*. I was instantly transported back to my Aunt Rita's store. You know the one, famous for the penny candy in beautifully crafted wood and glass display cases. The store you could find ANYTHING you needed. Rita behind the counter with all her jingling bracelets and less than welcoming face. She was just tired you know, not really as grumpy as she looked. I don't even remember buying Juicy Fruit bubble gum there but seeing that yellow pack on the counter instantly put me back there standing on the hardwood floors mesmerized by all the things that store had to offer.

"When was the last time I chewed a big wad of bubble gum until my jaw hurt?" I wondered to myself. Naturally I added that into my order and then slipped it into my pocket for later. The yellow, chewy goodness sat in my bag a few days until I remembered my purchase and popped a piece in. It was just as I recalled; sweet, juicy, squishy. I could barely talk with it at first but I kept working it until it was just the right consistency to pop a few bubbles... I'm out of practice! Splat! All over my face. We don't mess around during COVID. I peeled it off my chin, threw it away and washed my hands.

I forgot about the gum again for a couple days over the weekend. Returning back to the office the next week, every day I took to stealing one piece from my top drawer after lunch. Working the gum and tiring out my jaw just like 7-year-old me used to do. Until THE day. It was a busy day here, lunches were being picked up, the van was coming and going and phones were ringing. I popped my daily sugar allotment in my mouth and was chewing and chatting away making a few bubbles here and



there. By now I'm getting better control, not too big, not too loud. I've been practicing. "Oh!" Someone is at the door – I throw on my mask and quickly greet them. I happily chatted with our guests, escorted them outside to show off our exercise park all the while quietly noshing on my bubble gum. Feeling satisfied with my encounter I strolled back toward the front door chewing, bubble blowing, chewing, bubble blowing. "Wow! This is a big one!" I thought. POP goes the bubble. I think by now you know what happened. I was wearing bubble gum all over my face. You know what else I was wearing? My MASK!

I successfully blew the biggest bubble gum bubble of my life in decades all over my face. Inside a mask. I walked through the door stunned, sticky and stupefied. I had to peel the mask off my face which was now affixed by Juicy Fruit adhesive. Remove the goo from my lips, nose, it was everywhere! Mask in the trash, hands and face washed it was time to move on with my day and what would ultimately become the inspiration for these silly newsletter stories.

I'd like to say I learned my lesson that day but as I live and breathe I'm chomping as I write this.

The lesson I did learn that day was that memories are worth having. Reality might not be exactly as we remember that it once was but enjoy them anyway. Think of that long-ago trip, smile when you hear that old favorite song. Or appreciate how a pack of gum can make you remember a favorite aunt working the counter at her general store.

Fond old & new memories by Dorin

Senior Center October Events:

Remember: To participate in events at the Senior Center you must pre-register every time! Call 684-2000

Mondays & Thursdays Grab & Go Lunch (Elder Services) followed by just for fun bingo
Poetry 9 -10

Tuesday:

Knitting 12:30 – 2:30
Line Dancing 10-12 (parking lot)

Wednesdays:

Nordixx Pole Walking 10-12

Thursdays:

Tai Chi 9:30-10:30

Caregiver Trainings of Interest:

Join Sugar Hill & the Alzheimer's Association **Caring for the Caregiver Dementia Education** 3 part series. 2:00 – 3:00 via Zoom
October 14th *Understanding Alzheimer's and Dementia*
October 21st *Effective Communication Strategies*
October 28th *Understanding and Responding to Dementia Related Behaviors*
To get the Zoom link or to join by phone. Preregister with the Alzheimer's Association 800-272-3900.

FREE RIDES TO THE POLLS!

Do you need a ride to vote November 3rd in person? The COA will provide free round trip rides between the hours of 8 – 3. Reservations must be made at least 24 hours in advance. Call Dorin at 684-2000.

TIME SENSITIVE - TAKE NOTE:

Special Events:

October 9th - 1:00 – 3:00 Nordixx Pole Walking Orientation

October 20th – 11:00 Caregiver Support Group via Zoom - call for link.

October 21st - 1:00 - 3:00 FLU Clinic – call for registration details

October 27th – 11:30 and 12:30 How to be Prepared for an Unexpected Hospitalization - with a take home boxed lunch sponsored by Bane Care &

November 6th - 11:30 Veterans' Event: Changing of the Flag Ceremony

Osteo Exercise on DCTV & DCTVs YouTube Station!

Do you need help with food? We may have some ideas for you! Please call to find out how we can help!

There is a Chill in the air... We are preparing for limited opening.

As the weather is starting to get colder and wetter it is becoming more difficult to hold programs outdoors. We will have the large canopy up until the end of October and as the weather allows we are holding events there. But, our outdoor time is running short.

Guidance from the Commonwealth, Board of Health and Mass Council's on Aging reminds us that we are Phase 4 of reopening. Beginning October 5, Massachusetts will be entering Step 2 of Phase 3 contingent on low infection rates.

What does this mean for us? It means that our doors remain locked to unsolicited foot traffic. Persons inside the building need: an appointment either to meet with staff, or to be preregistered for a program (either in or outdoors).

We are working on a plan. This plan will take place after we obtain final approval from the Dalton Board of Health. This plan will include sanitizing upon entering the building, use of masks and social distancing. It will also include patience, as areas will need to be sanitized and reset between events. Once set, chairs cannot be moved.

The normal schedules will likely be disrupted with programs being offered at different time slots, or days, than you may be used to.

We know the Great Room is grand but it gets very small when seats and tables are six feet apart. In short, we are limited to about 10 plus staff at this time.

Unfortunately, we do know that card games (Cribbage, Pitch & Bridge) and programs that require the sharing of materials and close contact will not be possible at this time as it will be impossible to distance players.

Please, be assured, if a program is being offered that you normally attend and you have been following State guidelines "Safer at Home" do not feel pressured to attend. Everyone has to assess for himself or herself how much exposure outside of the home they are willing to take. The fact that most transmissions occur during informal gatherings – mixing and mingling with people outside of your immediate household - such as a congregate meal for example, certainly justifies your concern.

When we are able to plan events late October/early November, Please – if you are not feeling well, stay home!



Line dancers enjoy a crisp fall morning.

JOIN US FOR A VALUABLE DISCUSSION

At The Dalton Senior Center

40 Field St. Ext., Dalton, MA 01226

Held Under The Tent

TOPIC:

**HOW TO BE PREPARED FOR THE
UNEXPECTED HOSPITALIZATION**

Tuesday, October 27th

**PRESENTED BY: DENISE VIGNA FROM
BANECARE & SIOBHAN CEFARELLI
FROM HOSPICE SERVICES OF WESTERN
AND CENTRAL MASSACHUSETTS**

Presentation Beginning At 11:30 & 12:30

To-Go Lunch For All Who RSVP

-Space Is Limited-

Please Call 413-684-2000

